

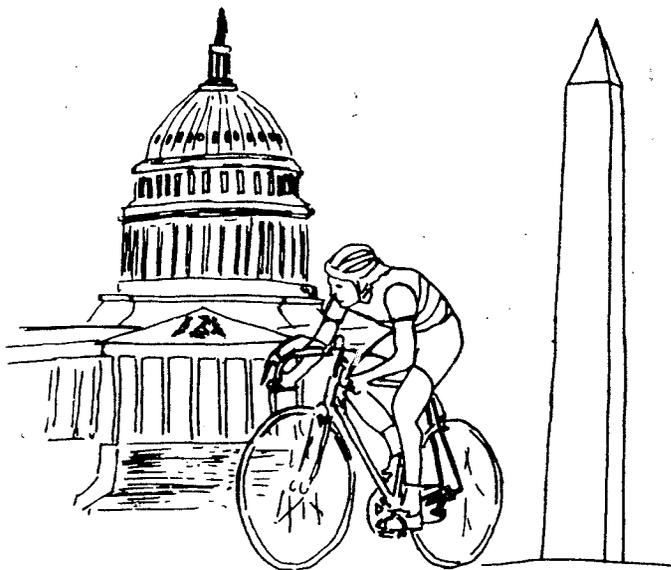
National Capital Velo Club, Inc.

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D.C. 20044

NCVC Newsletter

NOVEMBER

1980



A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

PRESIDENT BLACK REELECTED

Monday night, November 3, was the Annual Membership Meeting at the Hains Point Park Headquarters. Elections were held and the results were as follows: President Larry Black was reelected by 16 votes, with runner-up Mike Butler getting 12. The other officers were elected unanimously: Tim Lung is Vice President; Ken McCormick is Secretary; Paul Lenz is Treasurer; Ed Cottrell is Virginia Rider Rep.; and Alan Rashid is Maryland Rider Rep. The positions of Coach, Membership Secretary, Team Director, and Newsletter Editor have yet to be announced.

The big news of the evening was that, while Georgetown Cycle Sport will remain as NCVC's sponsor, they will be joined by Cycles Peugeot. Peugeot will supply one cap and one T Shirt to all members. It will provide for team use: 30 jerseys; 30 tights; 15 pairs of gloves. They will also loan the club 1 moped and ten frames. This is in addition to money sponsorship. Many details remained to be worked out, but you will be briefed in detail by Larry Black at the Banquet.

IT IS NEARLY BANQUET TIME !!

Don't forget the NCVC social event of the year. The Annual Banquet will be held on November 15th at 8:00 p.m. at the River Road Unitarian Church in Bethesda. The charge is \$9 each, and well worth it, if last year is a good example. There will be a veritable feast, installation of new officers, awards, and at least two cycling films. Don't miss it!

VIRGINIA RIDERS

Virginia riders: The season has come to a close. Now is a good opportunity to get together while the weather is still mild for some less structured group rides. This is a good opportunity to meet some of your fellow Virginia riders, and enjoy an easy roll on the weekends. Rides of 30 to 60 miles in low gears will be leaving the Reston-Herndon area on Saturdays and Sundays around 1:00 p.m. If you are interested, contact me or Jim Montgomery for details. Ed Cottrell: (703) 476-4716

ROLLER RACING NEWS

Roller races will be held each and every Sunday night at 6:30 p.m. at College Park Bicycles. No entry fee, no medals and no prizes (yet). There will, however, be lots of fun and exercise. Spotters and holders available for the wobblers. BYOB (bike).

RAMBLING WITH THE WHEELIE

October, and with it, Rock Creek, N.C.V.C.'s last race series of the season. The first Sunday we saw Schutte and Cressy have moved their show to "the creek" as they broke away taking Art Brown and Mr. Rock Creek of old, Bob Fisher, all finishing in that order. Simon Walker won the field sprint for fifth. Scott "the Brute" Rodenhuis beat Matt Hanna and Bud Syski in B Class, while Boris Starosta outclassed C Class, beating Ken Jacobson and G. Hansel. Later that day, just outside Philly, NCVC's winningest rider ever, "Dyno Vet" Montgomery took third and Larry Black 7th in the Men's event, while Julie Paul took third in the Women's event and Martha Rainey was fifth.

On the 12th, the highlight of the day was the history making ride of Julie Paul, when she outsprinted an all man C Class field to become the first woman to win a N.C.V.C. club race, and on the most difficult course in the area. With Chris Cressy in the hospital recovering from a head on crash with a car while training, Schutte dedicated the race to Chris and in a close finish beat Kevin Lee and Larry Black. Pete Swan had a very exciting sprint to take the bell lap sprint by about ten bike lengths. In B Class, Scott made it two in a row beating C. Houston and Bud Syski. The races then moved to IBM for the Montgomery County Fall championship. With a different format this year, which pleased most of the riders, we were treated to some very exciting races. Overall winner was Bermuda's Buddy Ford, second was Fred Kelly of Takoma Park, and Jerry Nugent and Channing Houston were third. After a 2 km time trial and 300 meter sprints, 32 riders started the 30 km criterium. This turned out to be a survival of the strongest. Jerry Nugent and Fred Kelly broke away from the pack and stayed away together until Super Vet put it in overdrive to move away and win by about 20 seconds. Iron Man Fred beat Fisher to the line for second place. Highlight of IBM was the Torpedo crash, in the time trial.

Results of top finishers:

	<u>2 Km TT</u>	<u>300 Meter Sprint</u>	<u>30 Km Scratch</u>	<u>Points</u>
F. Ford	1 (2:35)	2	4	14
F. Kelly	3 (2:39)		2	8
J. Nugent			1	7
C. Houston		1		7
K. Lee	2 (2:37)			5
G. Fetterman		3		3
B. Fisher			3	3

At the conclusion, D.C.'s most famous racer for the last six years announced his possible retirement from active competition. His business and school will be taking up most of his time for the next few years. Yep! Sterling will be among the spectators next year. I am sure he will be missed.

As of October 20, word was that Chris Cressy is nursing a pretty bad knee. Here's hoping that Chris heals fast and gets back to normal. Still in the accidents department, I heard that last year's broken wheel award winner, Nick Walker, went down on his motor cycle, breaking an arm. Get well soon fellows, we're looking forward to seeing you at the banquet.

Every Fall Rock Creek series we have a day like the third Sunday this year, wet and dangerous. So, after a prolonged warning by the "voice that knows" the novices and a few others ignored it, and as a result kept the Red Cross quite busy. A Class, however, survived, and Gail Fetterman beat Dave Edinberg across the line. In B Class, Syski and Downing got brave and rode away to beat the unbeaten Scott "The Moose" Rodenhuis. C Class had three starters, only one of whom finished. He was G. Koetz who happens to be deaf, so without the lap board, he did quite a few extra laps. I think it was great seeing him out there competing and two friends cheering him on.

Those who sacrificed the creek for Charlottesville ran into a classy field with all the big guns. Of course, it didn't bother the Dynamic Duo of Jim Montgomery and Jerry Nugent, who won their respective events. Our own Major Taylor took the Senior III race with Eddy Cottrell second. Julie Paul took three of the four primes and finished fourth in the Women's race.

The final day of the series was one of those never ending Sundays, making it a "T.G.I.O." It was so cold and windy that the riders were warmer than the spectators. In D. Class, P. Paddock beat Wildman Cowell across the line followed by P. Henzel. C Class was a race from the gun. Series leaders G. Koetz and Julie Paul tied with 7 points, rode away and worked well together, leaving the field to race for third. In the final moments of the race, however, Koetz looking like B class material, soloed to victory. C. Melvin was third. B class was uneventful, everyone rode together and the Moose Rodenhuis did his thing in the sprint, beating Houston and Downing to the line. A Class saw a very cold Matt McGoey (he wore no tights) attempt to break away and when no one joined him, he settled in and waited for the sprint, which was won by Kevin Lee beating Gail Fetterman

with Matt picking up thi.

This makes it the second Fall Rock Creek won by Fetterman; he first won the series in 1977. Very few riders can claim two victories - maybe Rick Barnett and Bob Fisher, I'm not sure. Past winners, according to my records, are: Spring 1980 - J. Bradford; Fall 1979 - Ron Ray; Spring 1979 - K. Lee; Fall 1978 - A. Blin; Fall 1977 - G. Fetterman; Spring 1974 - B. Fisher; Spring 1973 - B. Fisher.

Thanks to Ron Ray, we had a successful Fall Series. Ron had to serve as diplomat with the new guy at the Park Service, who called Ron twice a day for some time. This guy found a problem every time he wanted to, but Doc Ray held him off for four weeks. This guy was so gung ho, it was a sin. Let's hope he is less so by April next.

Well, sports fans, this will do it for the 1980 racing season. Unless, that is, you are into cyclo cross. The District Championships will be on November 8th at 2:30 pm in Emmitsburg, Md. If you made it through that, the nats are in Colorado on December 28th.

See you at the Awards Banquet on the 15th of November. I would like to thank Carol Reffell and Co, for providing the club with its monthly newsletter, considering what she had to work with, she did an outstanding job.

Cheers

Mike

ERGOMETER TRAINING

Enough club members have asked me about Ergometer Training Programs that I have decided to outline several differing workout schedules during the next several months, each of which is designed to improve differing aspects of each rider.

The first program I will outline is primarily geared to improve base strength as well as to maintain and improve cardiovascular fitness over the winter. Cadence throughout this workout, as in all other workouts, must remain constant and is the singular most important factor in the workout. For this, a metronome is a vaulabæ and almost required tool. The rider sets it at 80 rpm's and then warms up for five minutes at a setting of 2.5. The setting is then moved up to 4 KP and the 80 rpm's is maintained for three minutes. At the end of three minutes, the setting is moved up to six and the cadence maintained. Then, three minutes later, the setting is moved to 8 KP, which is maintained for the final three minutes. The rider then winds down for five minutes at a setting of 2 KP and then repeats the above workout once more. This workout is not designed to improve recovery or speed, aspects that will be addressed in other programs. A fan positioned in front of the rider helps keep air circulating.

The above mentioned ergometer settings are just a starting point and each rider naturally needs to vary the settings up and down according to his or her physical capacities. Again, I must stress the importance of maintaining the 80 rpm cadence and completing the full nine minutes of each work session. When increasing the resistance, the rider should increase each setting a uniform small amount rather than increase any one setting a great amount. In this way, uniform progress will be ensured.

Differing models and styles of ergometers exist and have correspondingly different load scales. The numbers mentioned above refer to the old style Tunturi Ergometer and are in Kilopounds. In order to adapt the number to your newer model Tunturi, simply multiply the figures by six. For those of you possessing Monarch Ergometers, divide the above figures by two.

In future series, I will outline several other ergometer workouts designed to improve the other aspects of riding, such as recovery speed, anaerobic threshold, and sprinting.

Ed Cottrell

NEWSLETTER NEWS

This is my last newsletter and I am not sure as to who my successor will be. However, there is traditionally a December/January newsletter, so if you have any articles, it would be good to have them in by, say, December 15. I think you can either send them to Larry Black or call him and find out the address of the new editor in a week or two. Larry's address is: 4808 Guilford, College Park, Md. 20740.

Carol

CLASSIFIED ADS

For Sale: Klein Team Super, 60 cm, black, new. Asking \$2,475. Call Mick at 295-1145, days.

For Sale: Olmo Competition, 60 cm, candy apple red, three months old, excellent condition. Asking \$1,650. Call Mick, days, at 295-1145.

MEMBERSHIP FOR 1981

Below, you will find the 1981 NCVC membership application form. NCVC is proud to be one of the largest bicycle racing clubs in the United States. Our purpose is to promote the sport on a local and national level. In 1978, NCVC was the host club for the Junior World Championship Road Race and Time Trial, and we are currently bidding for the 1981 National Time Trial Championships.

NCVC promotes club and open racing throughout the year to include: January - Roller Races; February - Low Gear Criterium Series; March - Time Trial Series; April - Road race Series; May to September - Open Criterium Series; October - Road Race Series; November/December - Roller Races. NCVC also promotes a winter Training Clinic, and the finest race on the East Coast - The National Capital Open - National Prestige Classic.

The NCVC 1980 season produced a double National Champion and a bronze medal in the Veterans and Masters U.S.C.F. categories. In 1981 we anticipate a very successful season in which the club's coaches will be working hard to encourage racing as a team, something not yet developed in the United States.

National Capital Velo Club, Inc.

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D.C. 20044



NATIONAL CAPITAL VELO CLUB
1980 MEMBERSHIP APPLICATION

New Regular (\$10.00) Associate (\$5.00) [May participate in all Club activities to the extent allowed in U.S.C.F. rules, but may not represent the Club in U.S.C.F. open races]
 Renewal Family (\$15.00)
 Novice (\$5.00) [For new unlicensed riders in their first year of membership]

(Please Print)

NAME _____ TELEPHONE _____
ADDRESS _____
USCF LICENSE # _____ CLASS _____ CATEGORY _____ DATE OF BIRTH _____
USCF OFFICIALS LICENSE # _____ CATEGORY _____
OTHER BICYCLING AFFILIATIONS _____

I recognize that I may be called upon to assist with Club activities and am willing to help in the following areas:

Road Guard Race Officiating Race Promoting Telephoning Aid With Newsletter
 Organize Club Rides Provide Transportation To Races Provide Housing For Riders

In consideration of the acceptance of my application for membership, I hereby agree to abide by the Constitution and By-Laws of the National Capital Velo Club, Inc., and hereby waive, release, and forever discharge any and all rights and claims for personal injury or property damage I may have against said club or any of its officers, while participating in any activity sponsored by said Club.

SIGNATURE _____ DATE _____
SIGNATURE OF PARENT OR LEGAL GUARDIAN _____

MAKE CHECK PAYABLE TO NCVC, INC. AND MAIL APPLICATION WITH PROPER FEES TO :

Larry Black
4808 Guilford
College Park, Md. 20740

N.C.V.C. Peugeot/Georgetown Cycle Sport

PRE-SEASON BICYCLE RACING CLINIC

Conducted by Team Coach Jim Montgomery

A seminar covering pre-season subjects for experienced racers. Your involvement and active participation is expected. It will last approximately three hours and is limited to 12 participants. All riders are expected to bring their training diaries from preceeding years. The emphasis will be a specific information and recommended actions tailored to your individual needs. Many of these items stressed will be psychological. A secondary goal of this clinic is to foster the growth of team spirit.

OUTLINE

- I. Racing Motivation
- II. Pre-season Preparation
- III. Training Diary
- IV. Plan of Action for Next Season

Objectives of the Clinic

1. For you to better understand why you race.
2. For you to set a reasonable, measurable, public goal for yourself for the next season.
3. For you to rough out a plan to accomplish your goal.
4. For you to understand the basis for successful winter training programs.
5. For you to know what viable options you have to a successful winter training program.

Prerequisite: One year's experience in bicycle racing.

I am willing to give as many as three of these clinics before 15th December. The first will be given the first week in December. Call the rider reps for further details. There will be a sign up sheet at the banquet.

Jim Montgomery

JULY - GEORGETOWN CYCLE SPORT SERIES

<u>A-Class</u>			<u>B-Class</u>			<u>C-Class</u>		
	<u>Pts</u>	<u>Prize</u>		<u>Pts</u>	<u>Prize</u>		<u>Pts</u>	<u>Prize</u>
1) Rick Schutte	69	\$15	Richard Headley	33	\$13	Mike Szablak	24	\$10
2) Art Brown	51	12	K. Minor	10	11	Lynn Reeve	16	8
3) Bobby Phillips	49	11	U. Placeres	5	5	Eric Wallgreen	13	7
4) Jim Montgomery	47	9	S. Rodenhuis	5	5	R. Hoffman	7	6
5) Rick Barnett	34	8	Andy Dobrowolski	5	5	James Gibson	5	5
			Gil Clark	5	5	J. Holland	5	5
			I. Peteranecz	5	5			

<u>D-Class</u>			<u>Midgets</u>		
	<u>Pts</u>	<u>Prize</u>		<u>Pts</u>	<u>Prize</u>
1) C. Kellogg	19	\$8	Brendon Clark	24	Campagnolo Poster
J. Wainer	19	8	D. Moffet	10	Four Cheers
3) B. McDermott	10	6	T. Keyworth	10	Four Cheers
4) J. Schaaf	8	5	? Corwin	10	Four Cheers
5) P. Bobo	7	4	? Wedge	6	Two Cheers

ALL PRIZES ARE CASH ALLOWANCES AT EITHER GEORGETOWN CYCLE SPORT
BE SURE TO THANK DANNY WAGNER AND HIS STAFF FOR THEIR FINE SUPPORT

AUGUST RESULTS - GEORGETOWN JLE SPORT
CRITERIUM SERIES

<u>A-Class</u>		
	<u>Pts</u>	<u>Prize</u>
1) Chris Cressy	105	\$15
2) Rick Shuette	73	12
3) Kevin Lee	44	11
4) Larry Black	29	9
5) Bob Phillips	24	8

<u>B. Class</u>		
	<u>Pts.</u>	<u>Prize</u>
1. Lynn Reeve	14	13
2. I. Peteranecf	10	11
3. Mike Bangham	7	6
3. Kelvin Minor	7	6
3. Buc Systick	7	6
3. Fred Kelly	7	6

<u>C-Class</u>		
	<u>Pts</u>	<u>Prize</u>
1) Jamie Holland	19	10
2) Jim Schaaf	17	8
3) Jim Cowell	8	7
4) Jim Lecruise	7	6
5) Jeremy Rerskin	6	5

<u>D-Class</u>		
	<u>Pts</u>	<u>Prize</u>
1) Joe Warner	16	\$9
2) Rick Flanagan	14	7
3) Andrew Nehemias	11	6
4) Joe Hager	8	5
5) Pete Keefer	7	4

<u>Midgets</u>		
	<u>Pts</u>	<u>Prize</u>
1) Jim Pedersen	24	Campy Poster
2) Tim Keyworth	13	Four Cheers!
3) Corwin Leonard	12	Three Cheers
4) Kurt Jochl	5	Two Cheers!
5) "Wedge" Schaaf	4	One Cheer!

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CYCLE SPORT. BE SURE TO THANK DANNY WAGNER AND HIS
STAFF FOR THEIR FINE SUPPORT.



LARRY BLACK

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864-2211

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NCVC Members' Special: Save 10% on any rollers over \$100.

Winter Clothing: New, new, new - at low introductory prices.
Sweaters, wool underwear, long sleeved jerseys, winter gloves.
Wind jackets - wool/nylon front. Duegi insulated shoe covers.
Wool hats. Leg warmers, arm warmers. Long tights.
All at special NCVC prices!!

Super Sale: Exercisers, Ergometers, Rowing Machines by Tintiri of Finland.
As used by Jim "Dyno Vet" Montgomery.

Ergometer: Regularly \$460; Sale \$359.95; to NCVC \$319.95,
through December 20, 1980.

Exerciser: Regularly \$360; Sale \$259; to NCVC \$225, through
December 20, 1980.

Rowing Machine: Regularly \$360; Sale \$259; to NCVC \$225,
through December 20, 1980.

WINTER ALTERNATIVE

Speed skating (any speed you want) most Wednesdays and/or Thursdays at Fort Dupont Rink, Washington, D.C. from 8 to 10 p.m. This is one of the largest, least crowded of any rinks in the city - and it is indoors. It lends itself to training, pacing, and learning to skate. There is good music always and assistance available from experienced speed skaters.

Note: A group usually leaves from the College Park area and gets a group rate, ten to fifteen people. Transportation available. If you would like to give it a try, call Larry at 864-2211 or 277-2555.

1980 ROCK CREEK FALL ROAD RACING SERIES

<u>A Class</u>	<u>Pts.</u>	<u>\$</u>	<u>B Class</u>	<u>Pts.</u>	<u>\$</u>
1. G. Fetterman	14	13	1. S. Rodenhuis	24	15
2. R. Schutte*	14	13	2. B. Syski	13	10
3. K. Lee	12	7	3. C. Houston	10	7
4. D. Edinberg	7	5	4. S. Downing	9	5
5. R. Fisher	6	4	5. M. Hanna*	5	4
6. C. Cressy	5	4	6. B. Starosta	4½	4
7. A. Brown	3		7. J. Mills	2	
L. Black	3		J. Capra	2	
M. McCoe	3		#317	2	
Kennedy	3		10. G. Clark & D. Riggs	1	

<u>C Class</u>	<u>Pts.</u>	<u>\$</u>	<u>D Class</u>	<u>Pts.</u>	<u>\$</u>
1. G. Koetz*	14	8	1. J. Cowell	19**	
2. J. Paul*	12	6	2. P. Henzel	14**	
3. C. Melvin	8	4	3. P. Paddock	12**	
4. G. Henzel	5	1	4. A. Nehemias	5	
K. Jacobson*	5	1	5. J. Lipovsky	3	
6. R. Allen	4				

* Prizes not received as of 10/26/89. Prizes can be received at the banquet or credited to your 1981 NCVC membership.
 ** Prizes are 1981 memberships.
 *** Prizes = \$111. Red Cross donation = \$40.





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September 6, 1980

Memorandum

To: Paul Lenz - Treasurer

From: Peter Levitan - Humble Promoter *Pete*

Subject: Georgetown Cycle Sport Series Income and Expense for Period (8/7/80 - 8/28/80)

Income

Entry fees and number deposits \$394

Expense

Basic prize list to Georgetown Cycle 75

Net Profit and Balance to NCVC \$319

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CLUB OFFICERS

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
President	Larry Black	277-2555
Vice President	Tim Lung	739-6220
Secretary	Ken McCormick	725-7078
Membership Chairman	To Be Announced	
Maryland Rider Rep.	Alan Rashid	229-0346
Virginia Rider Rep.	Ed Cottrell	476-4716
Team Coach	To Be Announced	
Team Director	To Be Announced	
Newsletter Editor	To Be Announced	



NCVC NEWSLETTER
5334 CAROLINA PLACE, N.W.
WASHINGTON, D.C. 20016

Peter Swan
1400 Gridley Lane
Silver Spring, Md. 20902